



Anderson County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Anderson County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Anderson County School System that includes:

- A School Health Advisory Committee
- Fourteen Healthy School Teams
- School Health Policies strengthened or approved include health service policy and medication policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$296,518.08

Community partnerships have been formed to address school health issues. Current partners include:

- Allies for Substance Abuse Prevention (ASAP) of Anderson County
- Safe Kids Coalition
- Anderson County Health Department
- TNCEP and the University of Tennessee Extension
- United Health Care
- Anderson County Juvenile Court
- Anderson County Sheriff's Department
- Roane State College of Nursing
- Our Daily Bread of Tennessee, Inc
- Clinton City CSH
- Oak Ridge CSH
- Governor's Highway Safety Office
- Tennessee Secondary School Athletic Association
- Clinton Physical Therapy
- Clinch Valley Children's Center
- Choice Resource Center
- Food City
- Tennessee State Parks

Parent and Student Involvement Developed

Parents (85) are involved in numerous CSH activities such as School Health Fairs, Coming Together for Young Children Event, School Health Screenings, and Flu shot Clinics. Currently, 33 of those 85 parents are collaborating with CSH on the Family and Community Advisory Council and the School Health Advisory Council.

Students have been engaged in CSH activities such as producing and directing Public Service Announcements to denounce risky behaviors. Students have also volunteered during Health Fairs and the Coming Together for Young Children Event. The elementary school students have participated in school walks to not only raise money for their schools but also to show others that physical activity is important to their developing minds. Approximately 154 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Anderson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – In 2010-2011 there were 2,837 students who were screened in Anderson County Schools. Of those screened 1,158 students required BMI referrals, 801 vision referrals, 98 hearing referrals and 51 blood pressure referrals to physicians or health care providers;

In 2010-2011, 12,369 students were seen by a school nurse and 8,625 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The most recent local data shows that currently 40.20% of Anderson County students screened are overweight or obese. However, the BMI percentage in 2007 was 42.51%. Since 2007 Anderson County Schools has continued to see a reduction of childhood obesity and overweight numbers by 2.31%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls (4), and walking tracks (2);

Professional development has been provided to counselors, nurses, physical education teachers and school resource officers (SROs). Professional development included training on the Michigan Model health education curriculum. Staff at Briceville, Norris and Lake City Elementary School has received training on the Take 10! physical activity program. Nurses were provided with funding to participate in the State School Nursing Conference;

School faculty and staff have received support for their own well-being through wellness newsletters, staff health fairs, and complimentary tickets to area fitness expos;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions –Michigan Model health curriculum placed in K-12;
- Physical Education/Physical Activity Interventions – Take 10! curriculum implemented; National Archery in the Schools Program implemented in all Anderson County middle schools;
- Nutrition Interventions – Go Slow Whoa Program initiated and Tasty Tuesdays implemented;
- Mental Health/Behavioral Health Interventions – Community Resource Directory created; MOU with Ridgeview Psychiatric Hospital;

Other accomplishments include a School Nurse Manual which details school health policy, procedures, and protocols.

In such a short time, CSH in the Anderson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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